



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

GREEN TIP #109:

May 2019

Hard Working Office Pets

Vermicomposting is a clean easy way to compost lunchroom food scraps and cycle them into valuable nutrients for your office plants or for any garden.

Here's how to start a vermicompost bin:

Collect 2 garbage bags of shredded office paper or newspaper
(only black and white ink)

Fill a large bucket of tap water

3. **Buy 1lb of Red Wiggler earthworms** (N. Worm Ranch: 250 560 5718)

4. **Buy/collect a flat plastic bin** (Rubbermaid-type) with a lid and drill holes in the lid and on the bottom.

5. **Collect a cup of sand** (grit for the worms' gizzards)

6. **Collect Food Waste** (set out a sealed container in your lunchroom and label it)

7. **Set up your vermicompost bin:** Set your bin with holes on four blocks or tuna cans on a boot-tray or old cookie sheet. Grab shredded paper by the handful, dip it quickly into the water, and add it to the bin until the bin is 3/4 full. Add the sand; add the worms; add the food waste.

8. **Maintenance:** Turn the bin once a week and make sure food waste is buried when you add it. Maintain bin at the moisture of a wrung out sponge (if the bin is too dry, add water; if the bin is too wet, leave the lid off/offset for a few days to air it out).

Troubleshooting/More Information: Contact REAPS or see our webpage: <http://www.reaps.org/CompostingWorms.html>



Add these items:

Fruit and veggie peels
Small amounts of citrus and tomato
Egg shells
Tea bags
Coffee grounds and filters
Plant clippings



Avoid these items:

Large amounts of citrus and tomato
Garlic and onion
Any starches or cooked food
Meat
Dairy
Oils
ils

Do you have any questions or suggestions? Call or email us at green_solutions@reaps.org!

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